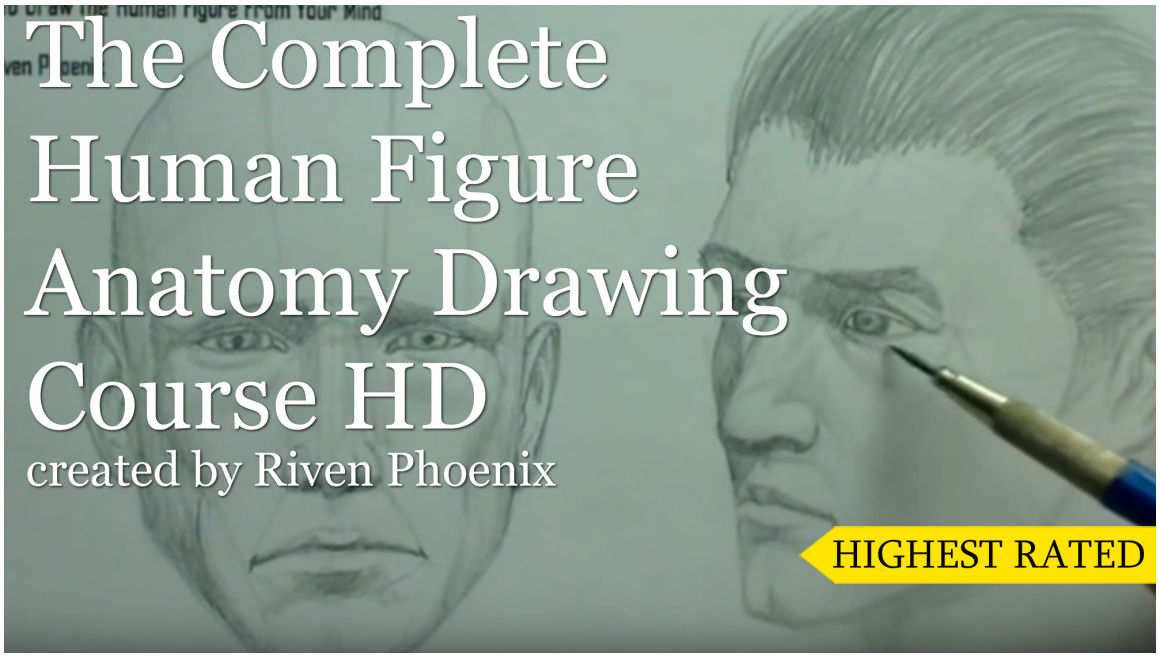

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 122 - The Muscles of The Torso - Part 3

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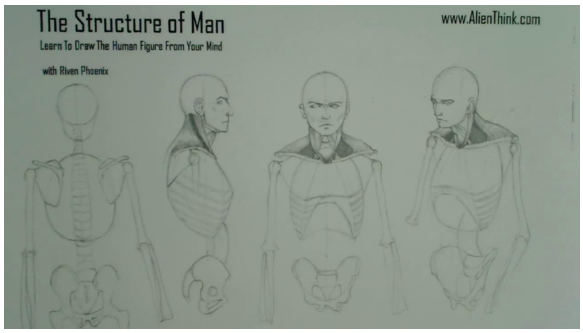
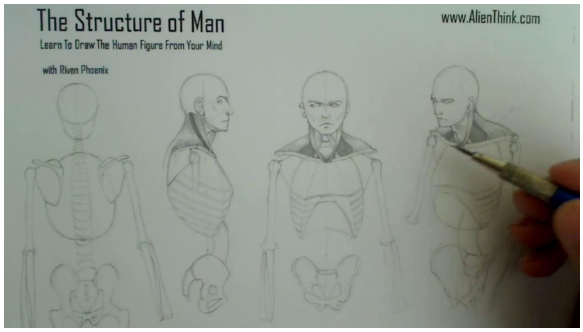
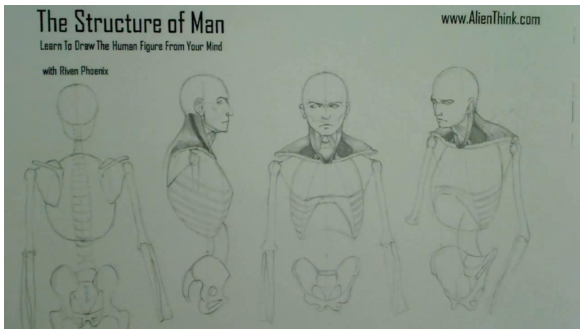
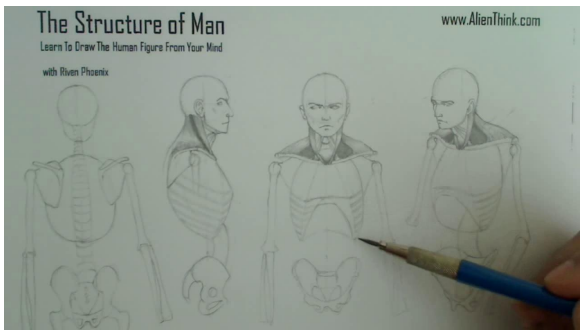
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw
2		the human figure from your mind training course.
3		Okay, so in the previous lesson we went through a very special understanding of some of
4		the key concepts in this is like a deeper understanding of the chest cavity so we can

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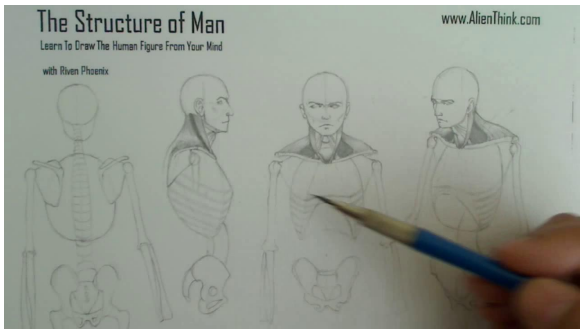
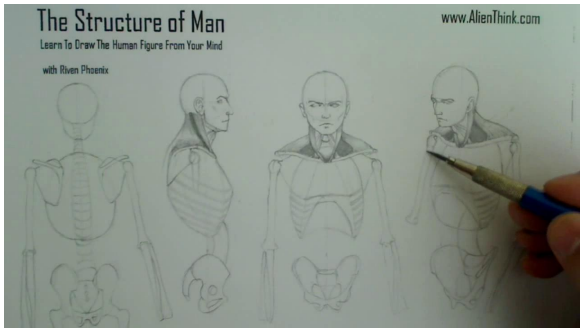
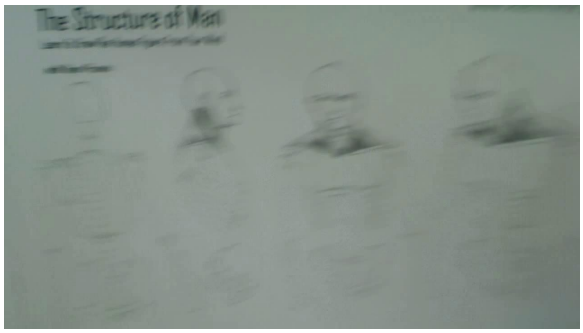
5		begin our understanding of the pec muscles, right?
6		So what we need to also do is do two more special drawings.
7		So these are going to be very key and important drawings and this will really start to bring
8		all these concepts of figure drawing into this one idea.

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9		So for this, what I'm going to do is I'm going to do this here because I need to put at
10		these two figures down.
11		I'm going to first put like a very simple like the jester system here first to understand
12		okay, well, what I kind of want to do is do a figure that's going to be standing.

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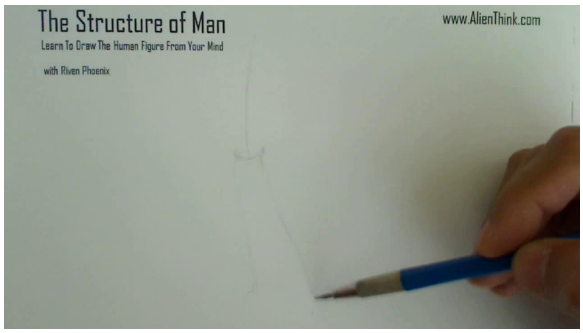
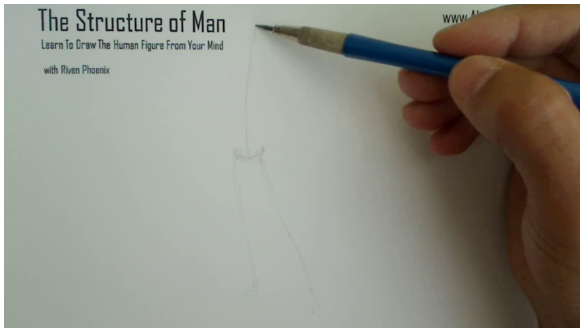
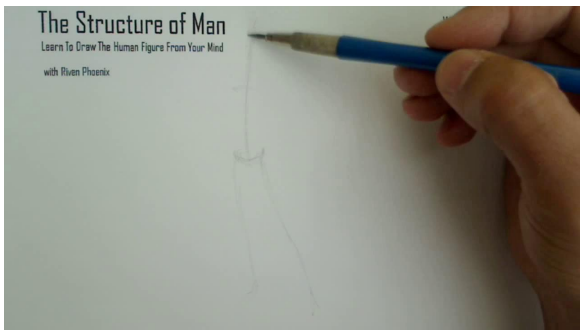
13		Let's say like this here, right?
14		So here once I put this, put like some of these ideas down, I'll re-know right the chest
15		cavity is going to be here.
16		So from here we can now just simply put down our beginning to put down some of our ideas

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17		here.
18		I'm going to roughly sketch in this concept here.
19		So for this, I'm just going to use my basic ideas of the basic shapes.
20		So here's going to be like my chest cavity here and I can just start to come down over

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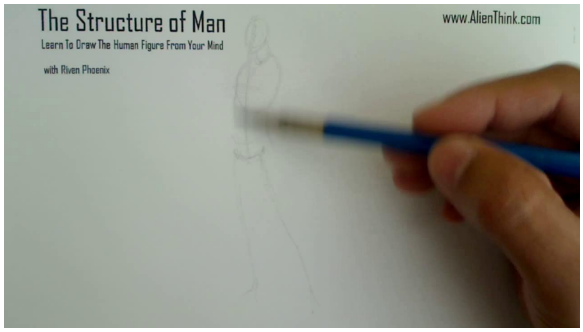
21		here and, right, so regardless of the jester system, I can now just fill my way through
22		some of these ideas here, right?
23		So really just using the mannequin system to bring down these, to really just put down
24		some of these concepts here.

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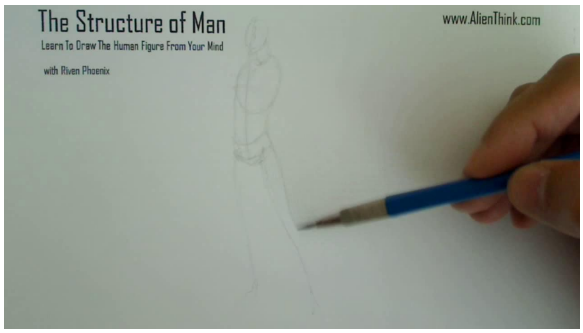
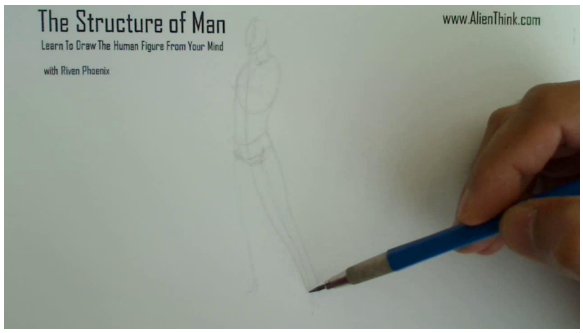
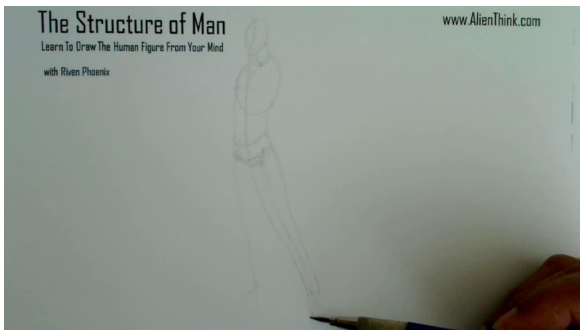
25		So for these drawings, we really just want them to be kind of like a little stylized
26		and you'll see that regardless of, even if the drawing is a little stylized, right,
27		we can really create very realistic figures.
28		So here I'm just going to put down like a shoe-shaped design here for this guy over

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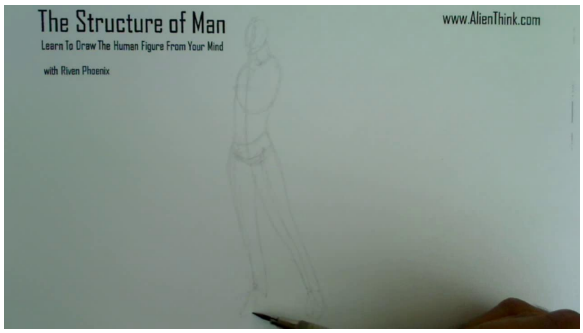
29		here and then here I'm just going to put basically like this line over here for the other
30		leg and just say that this line is just going to go here and then for the foot, I'm just
31		going to do it this way over here, kind of like this, just rough in some of the concepts
32		right over here.

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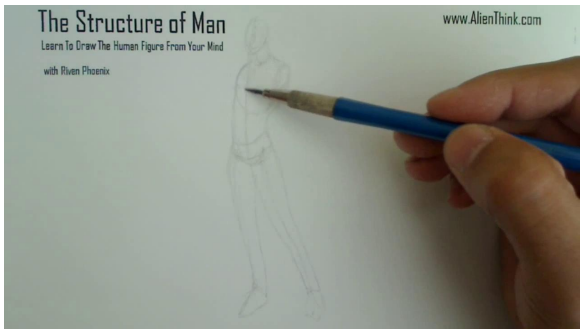
33		I'm just going to do the mannequin system so I know that it's just going to be this
34		hole over here like this, right, and I'm going to get my lines over here like so, right,
35		so this will be my line here for the mannequin system and then here I'm going to put, let's
36		say let's do the arm going like in this direction in this way over here, right, we'll just

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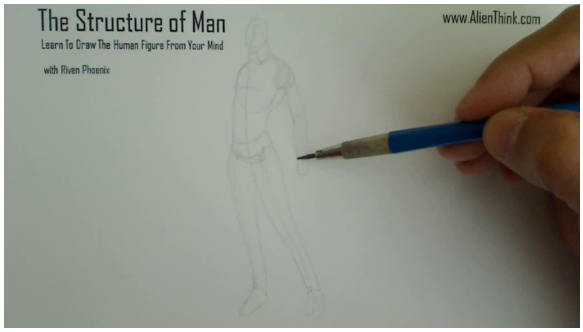
37		rough it in real quick over here like so and then for the hand, I'm just going to do it
38		this way over here and for the fingers, right, this is going to be very easy, we just
39		need to put down the basic concepts, just rough them in like this over here and then for
40		the other arm, right, I know that the hole is there so I'm just going to just create

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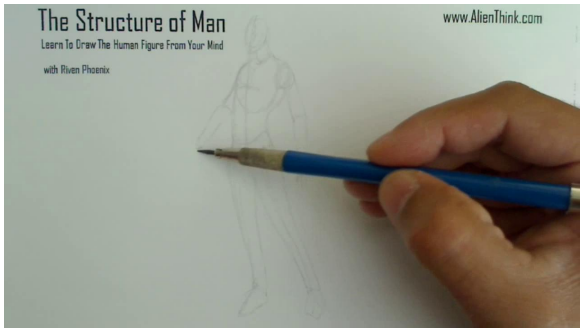
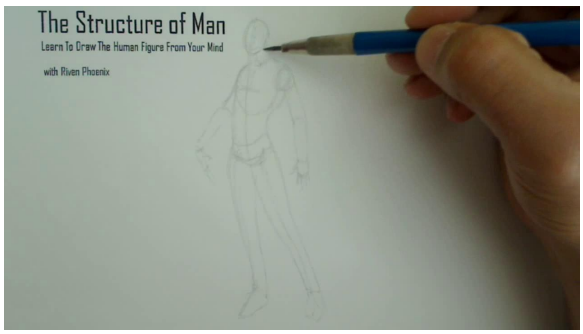
41		like a just see through the drawing and create this hand over here on this end over here
42		and then here we can just rough in some basic concept of this as I want the arm to be,
43		okay, so I got the basic concepts down so now all I have to do is really is just think
44		about the ideas here, right, so I'm going to leave that be because we're working correct

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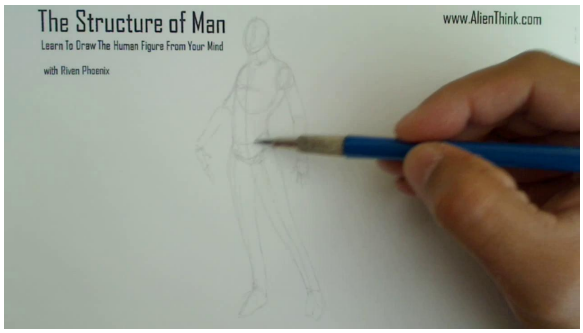
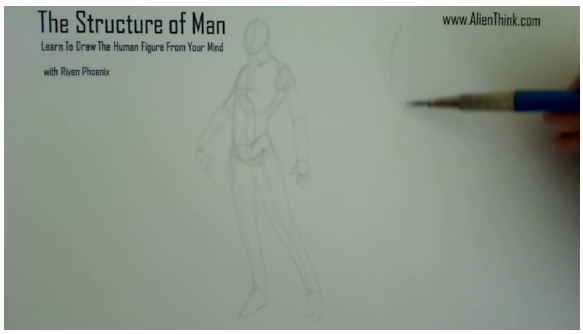
45		all this stuff in our drawing process, so here I'm just putting all the ideas down to
46		finish up a whole concept here first, okay, so this is going to be our first character
47		here, let's say, right, for this guy here, I'm going to kind of like to create him this
48		way and do the curve here like this over here and then, you know, and then do the, let's

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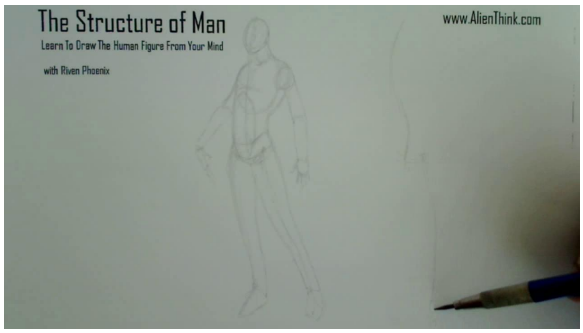
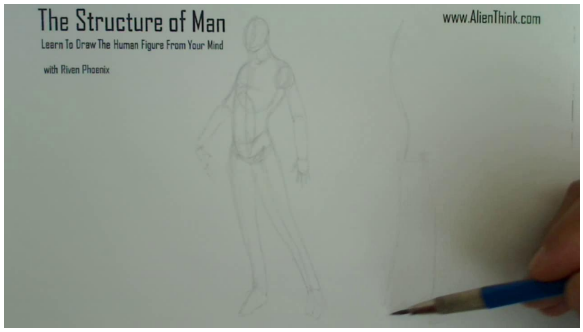
49		say the foot is going to be kind of here and this foot is just going to be basically
50		roughly over here like this, right, so here we can use a wire system if we want to, right,
51		or you can just draw everything out in basic shapes, so here I'm just going to rough in that
52		concept that, okay, well, I'm going to get like a ball shape obviously over here then I'm going to

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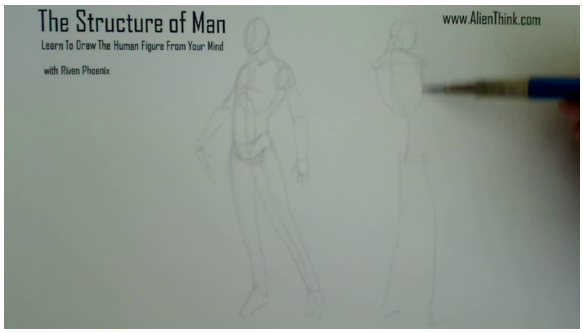
53		get my neck over here and then from here I'm just going to get the idea here for the chance
54		cavity, right, so for this you can just put around shape here first, I just understand what
55		is it that you're putting down like this and then start to come in here for the design, right,
56		so just feel your way through this, we just think about the whole mannequin system as to how it

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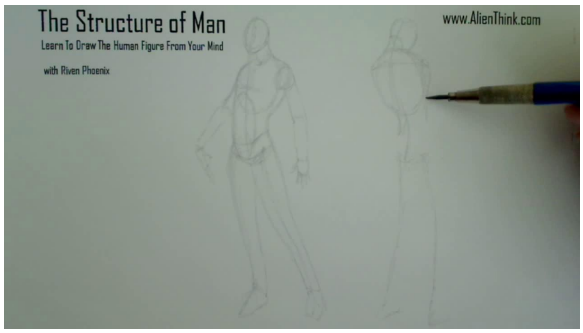
57		works and then over here you can like increase the size of it if you want to make it a little more
58		detailed here and then here this is going to be simple as just a ball shape over here,
59		right, and we know that how the really the underwear system is going to work over here and
60		just going to put some of these lines here and start to just draw it out like this, right,

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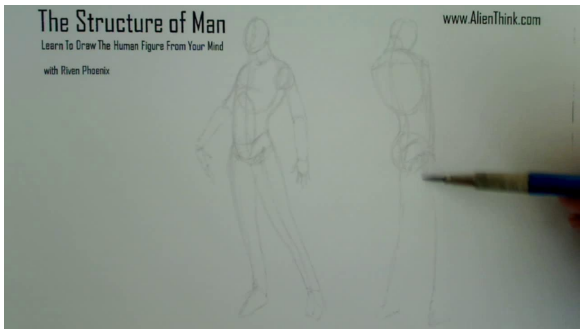
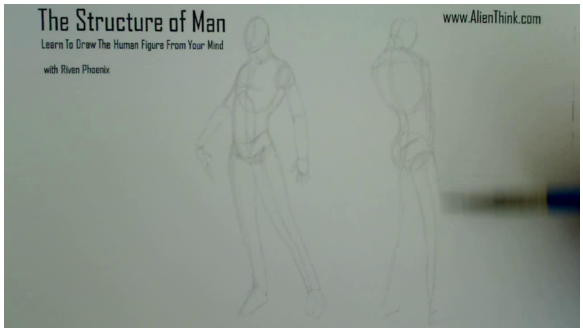
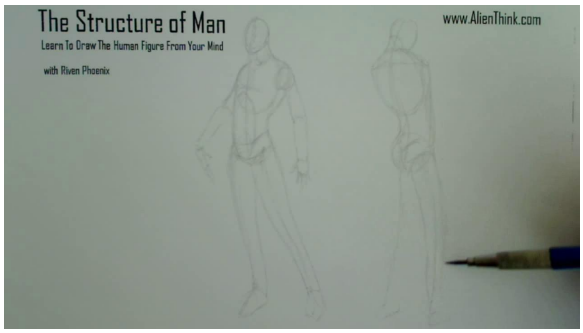
61		right, so and for this leg here we can just simply just draw it out like this over here,
62		right, so we don't want to stop, we just want to draw through
63		saying that this is how I want this leg to be like this over here, just roughing your concepts,
64		right, so once you get this idea here and then we can just say that okay well, let's just turn

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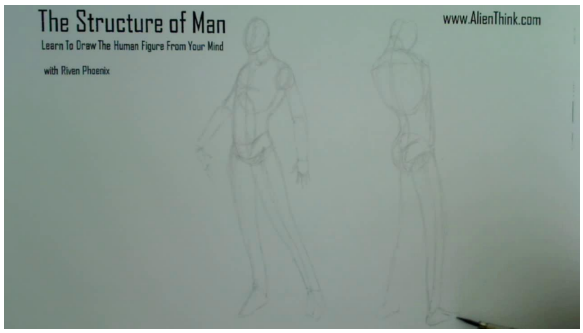
65		the foot like this over here and then for this leg I'm just going to do it this way over here,
66		right, but at least do a three four three, you don't have to do exactly the same pose that I'm doing,
67		you can change it around a little bit, right, but it'll be easier just to follow this concept
68		and here I'm just going to roughen this concept over here, so I know that right the whole really

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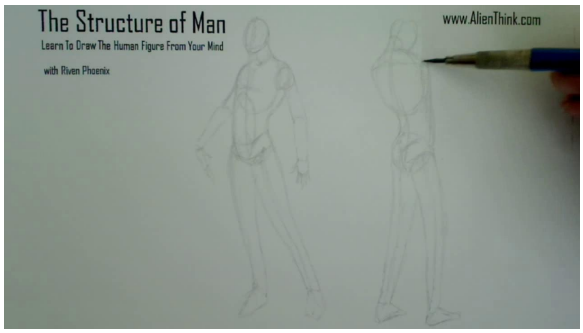
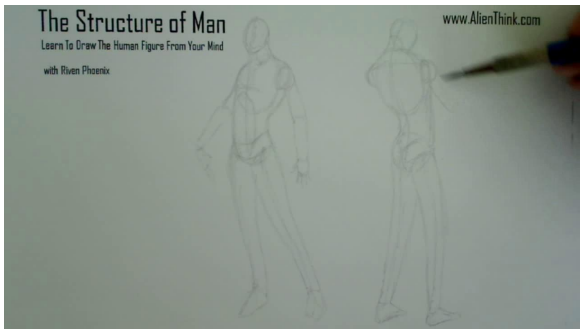
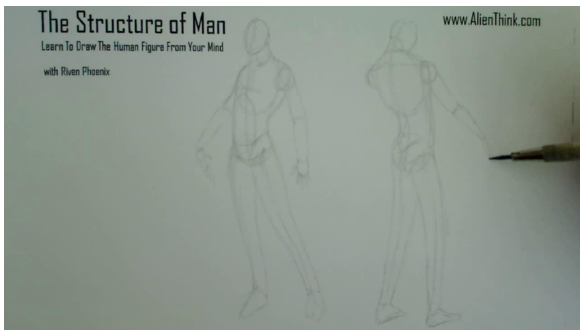
69		is going to be about here, so I'm going to get the ball shape over here and I'm going to get the
70		ball shape over there on the other side, right, it's just the way I'm making this guy face,
71		right, so over here, I'm going to put the arm like this over here like so and for this we'll just
72		do it this way that it's just going to be a thumb and it's just probably some fingers going

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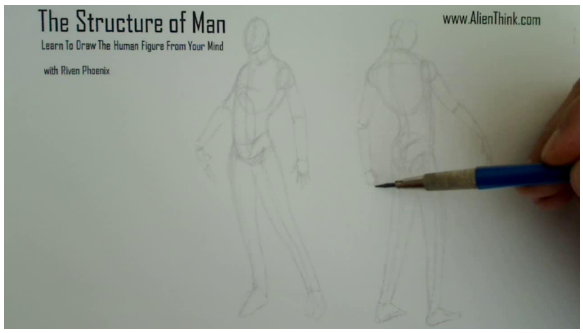
73		this way, right, and then for this area here I'm going to do this arm like this over here like so,
74		let's say and then let's do that the hand going like we can see the palm of the hand in this,
75		right, so here I'm just going to do one, two, three and then four, make it make it easiest possible
76		to to understand and over here we know that right I'm going to do the lines for the

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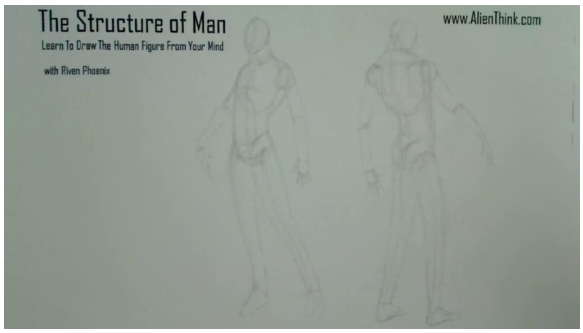
77		the scapula, right, it's just going to be like this and this is going to roughly just go in this
78		way, right, this is an important concept that we're putting in the back of the mannequin, right, so
79		once we get through that step just sketching out some of the basic concepts now we can just lightly
80		erase this and quickly fix them up, right, it doesn't take that long to put the figure stuff, right,

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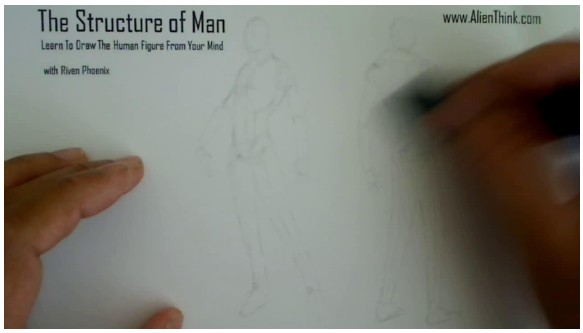
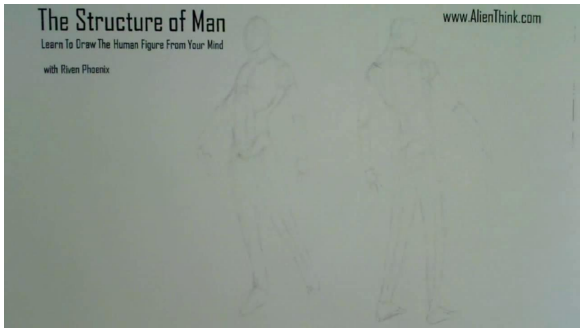
81		you can see that there's a drawing process now that we have to that we can always use to follow
82		to create successful drawings, okay so for this I'm just going to draw this head over here
83		just like this, right so here we'll just do it this way over here and start to draw, put some
84		the neck like this,

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85		right so when you're drawing at the mannequin always be mindful that right the
86		collaborative is going to go up, right, but it doesn't have to be this way sometimes you can do
87		the shoulders down, right depends on the type of character that you're doing, right so here I'm just
88		going to put this ball shape like this, right so keep when you do do this mannequin here, right,

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89		keep the lines a little light because we're going to be doing something very special
90		to these mannequins in the upcoming lessons and here I'm just going to do this
91		over here for the hand but you can see that it's so easy not to draw out the hands, right
92		just need to get the conceptual idea down just understanding at least the bone structure

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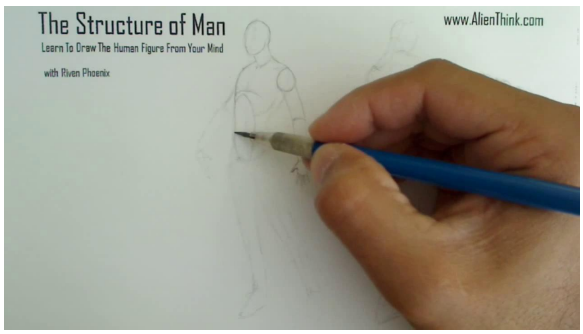
93		and here I'm just going to I know about that right this is going like this that I know about
94		this area over here so I know that the the line for the the peg muscles is just going to be here
95		and but and then over here when I get now you can do it this way too right you can make it a
96		little more life like if you wanted to right so the key idea to get from this is that look we

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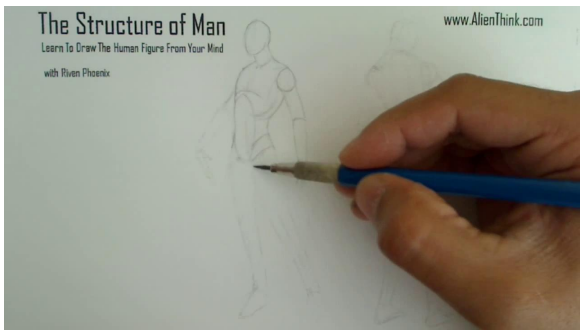
97		we know how the chest cavity is going to be right this is really the chest cavity inside and this
98		is just a line here that we are we're putting what is just going to be like this okay so here I'm
99		just going to put the ball very important area here on the mannequin that helps us to understand
100		some of the key concepts right so know that this is going on an angle over here it goes inside

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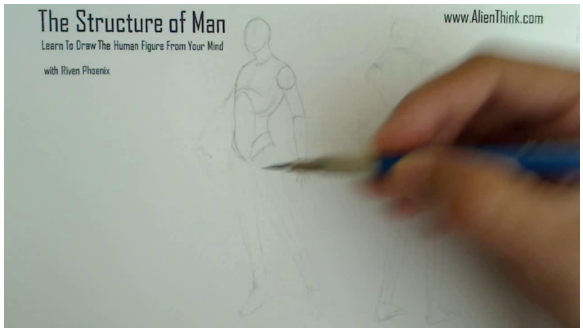
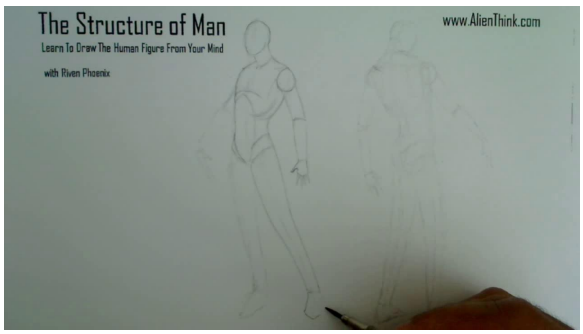
101		just going to clean up some of these lines here
102		okay and then here I'm going to just lightly put this idea down
103		right so when I come to the foot I'm just going to think about really the design of the shoe shape
104		if we've been working on right we know how the foot locks which is really needed to conceptual design

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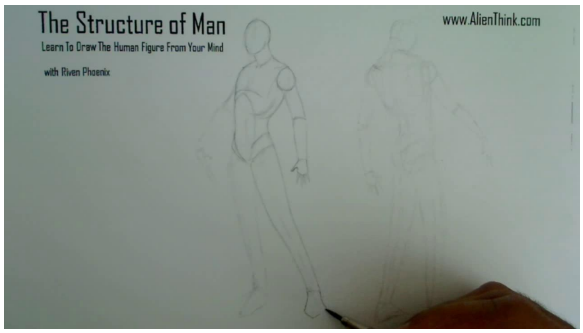
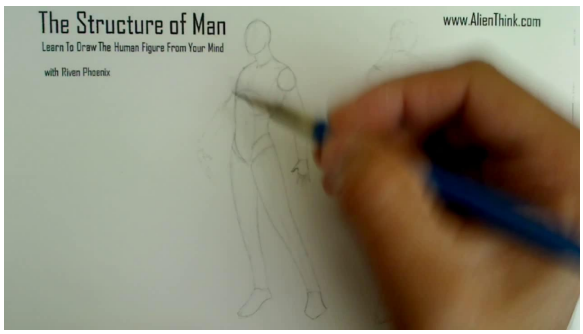
105		here to to to put down right and all all the understanding of this mannequin is going to change
106		drastically in the next exercise right this mannequin really is a lifesaver and we will see
107		as the end result of it okay and here I'm just going to put down this more like a shoe shape
108		right you can do that okay so here I'm going to

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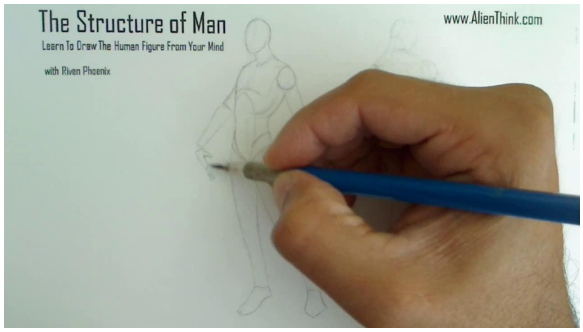
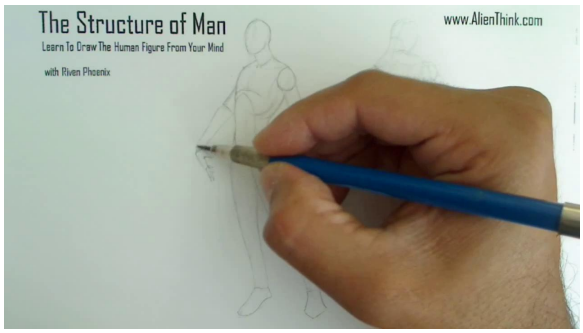
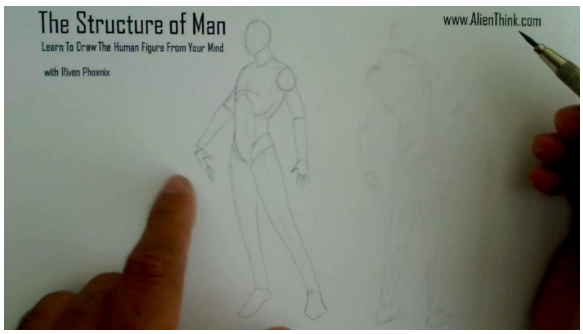
109		just finish this off very quickly I just need to get the basic concepts down first for the
110		fingers you can do any kind of hand that you want I'm just going to leave it like this over here
111		right just going to cut it off like this
112		you can shorten it off if you want I'm just going to keep it this way because it's kind of coming

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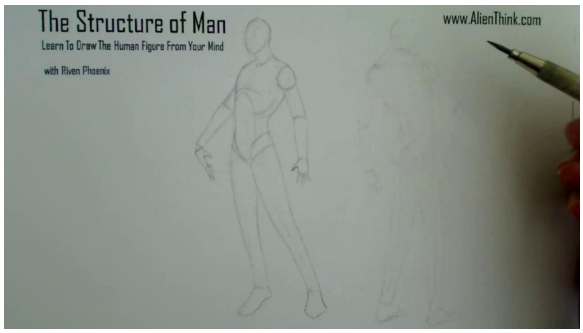
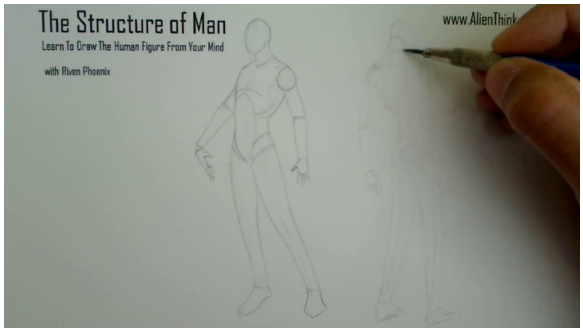
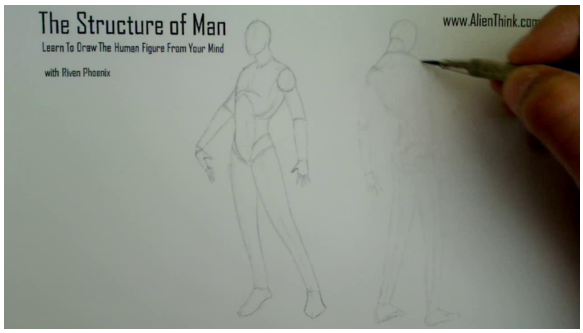
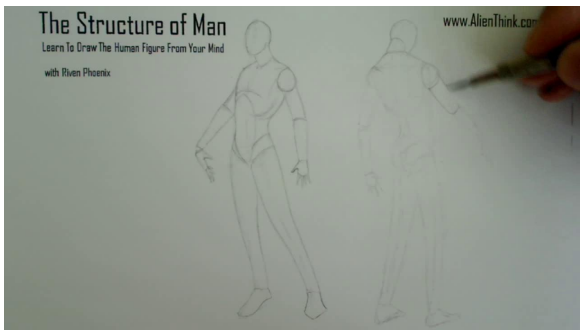
113		towards us right and then for here for the back it's going to be very simple just knowing
114		right this is going to be the neck and this is just going to be the head going in that way
115		I don't know over here I'm just going to get the ideas here for this right so when you draw
116		this out right this is going to be where your elbow is because that's what I have decided

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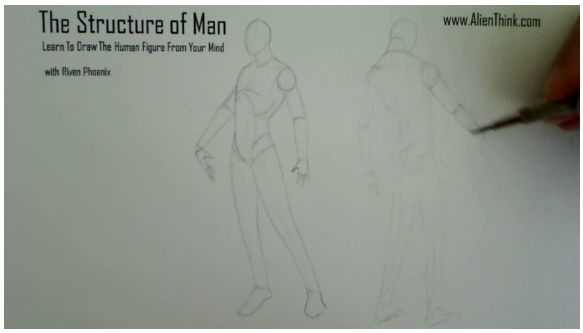
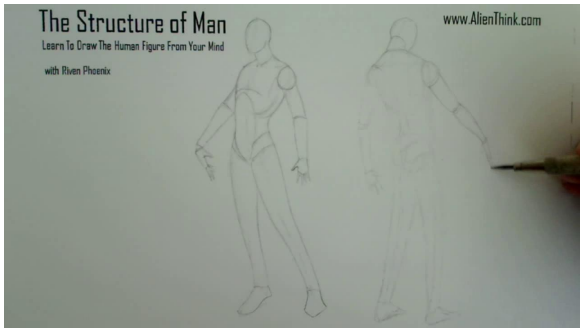
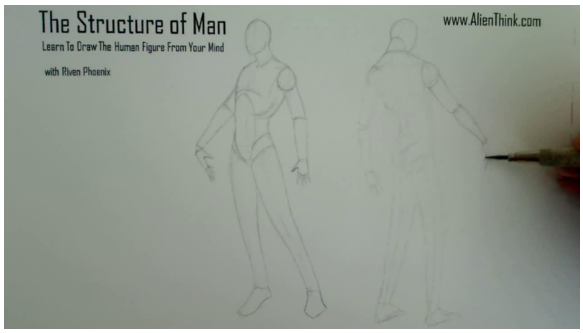
117		and then I'm going to just draw this out like this over here and let's say that this hand
118		is going to get the small finger let's say you're going to get one finger over here
119		right we can do all sorts of hands
120		whatever pose you want okay so this one here just going to get this I'm going to get the elbow

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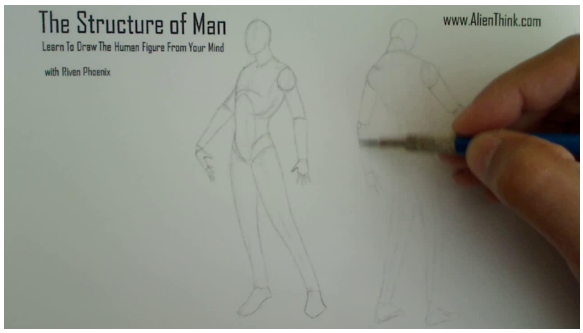
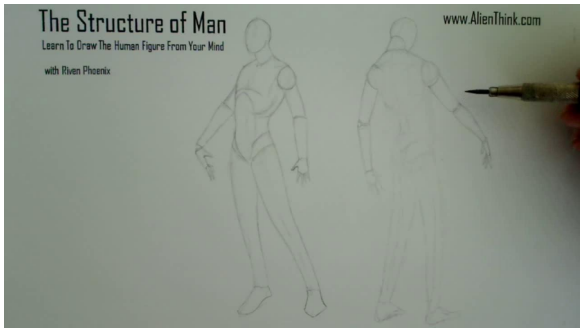
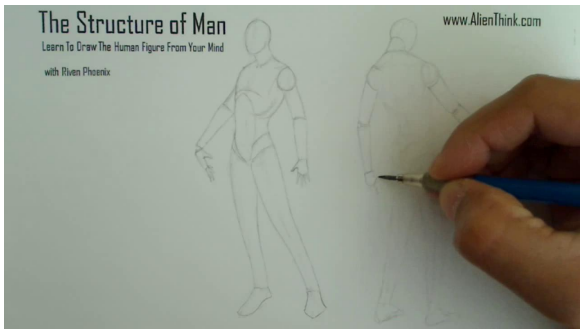
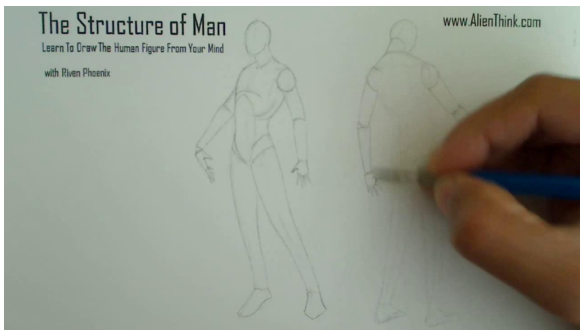
121		really in this direction over here right so notice always keep an eye out for understanding
122		of the element radius right what's really going on right so again all these drawings can be a
123		little stylized right and just so come in handy when you're drawing that your own characters
124		over here I'm just going to finish this off over here just like this right so this is the

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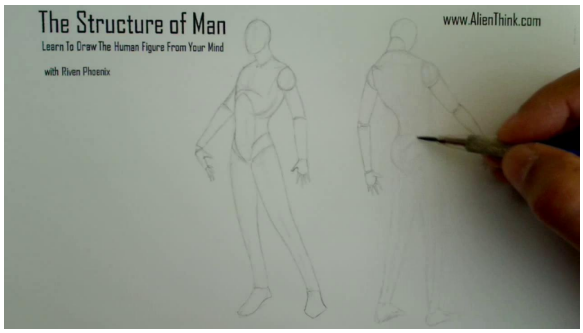
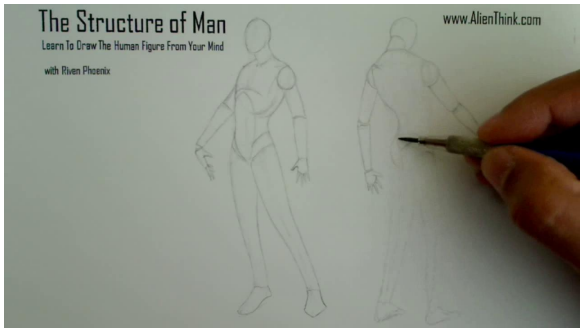
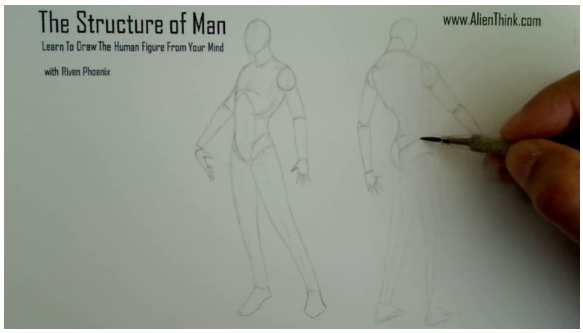
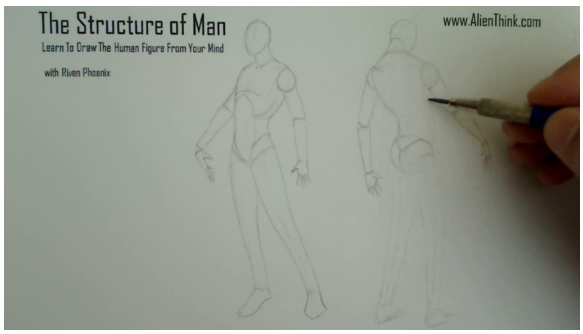
125		underwear system again in knowing that right I'm going to get basically these two lines here
126		right that we had decided and this is just going to go in the middle right
127		so this replaces the the pelvis system right but regardless you understand how the pelvis is
128		anyways right it doesn't really matter so over here I'm going to like do it this way a little curve

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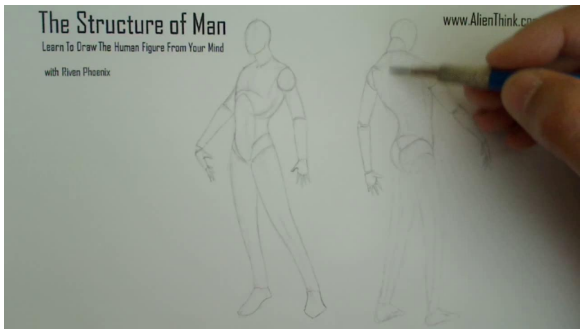
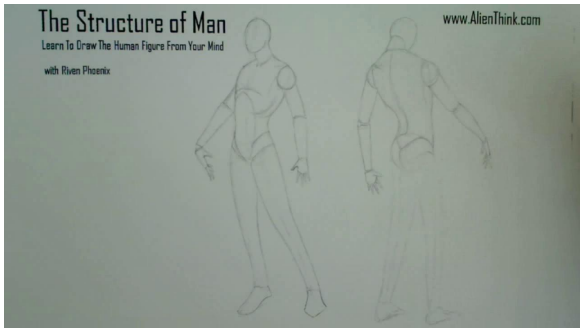
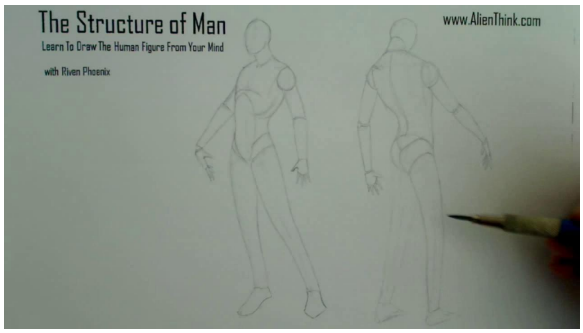
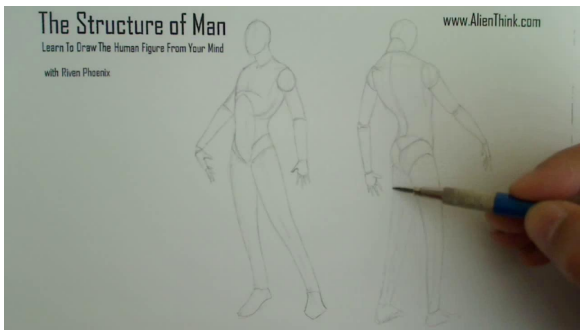
129		right so here we'll just draw out the center all this like this okay like that
130		okay that's fine and then over here just finish this off like this I'm going to do the leg in the middle
131		it's just spinning in that direction then just think about the leg from the other side like this
132		right

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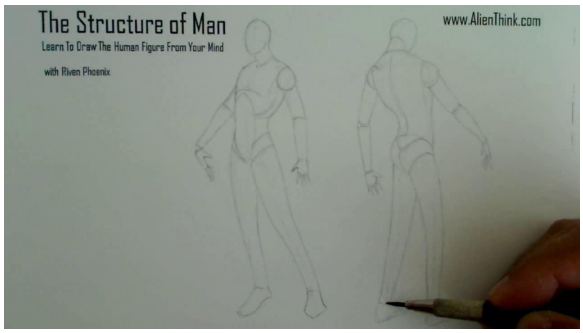
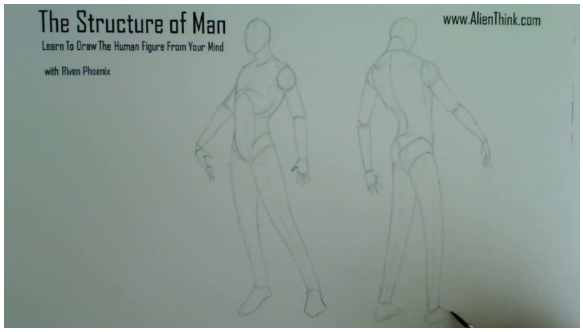
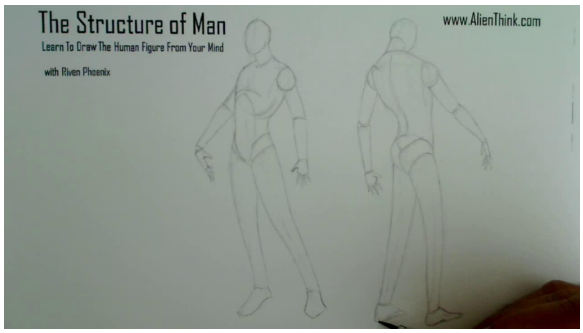
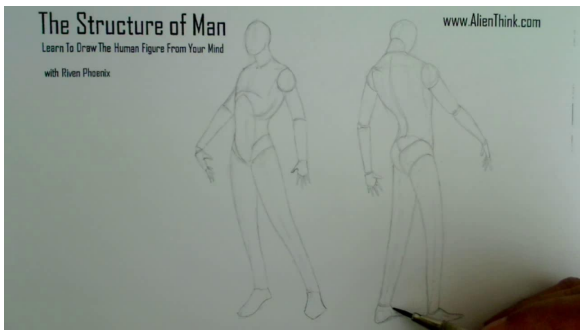
133		and draw through over here we'll just finish this off
134		right just think about the idea for the foot so I'm just going to twist it a little bit over here
135		right and then over here could do the same thing or just think about the the concept of the foot
136		in 3d if you're having trouble with that right we just need to draw the basic shape of the foot out

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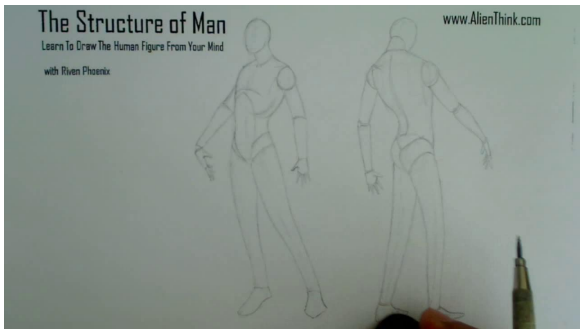
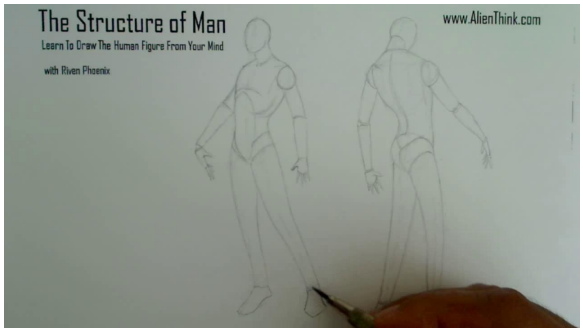
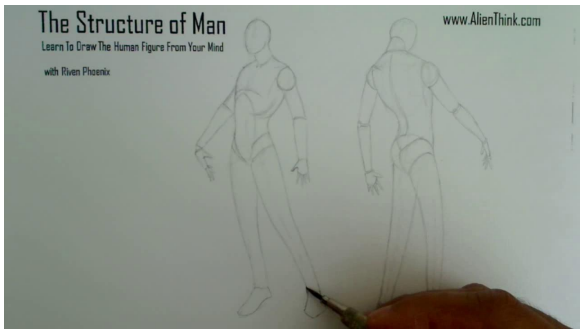
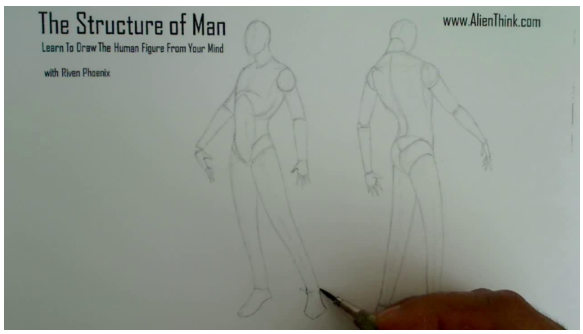
137		over here okay so the the key concept slot this is that you know that the the fibula is over here
138		right and then your
139		tibia is over here so you know about this line over here right it needs to be like this
140		right you're going to get this concept here and again it's going to be the same concept you're

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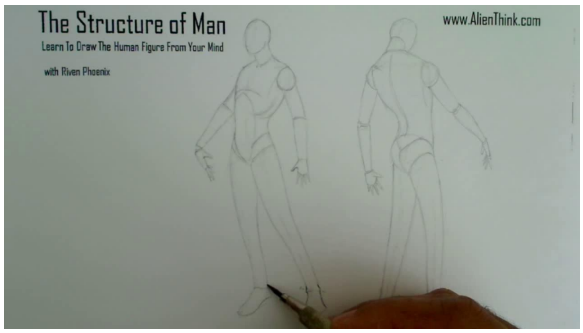
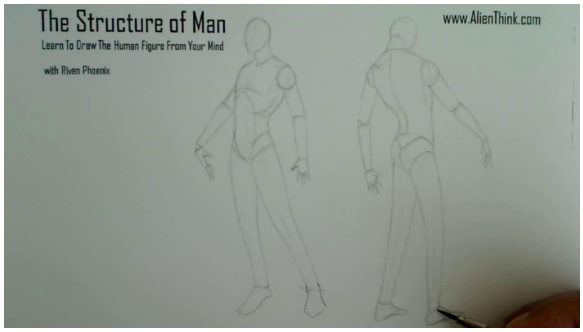
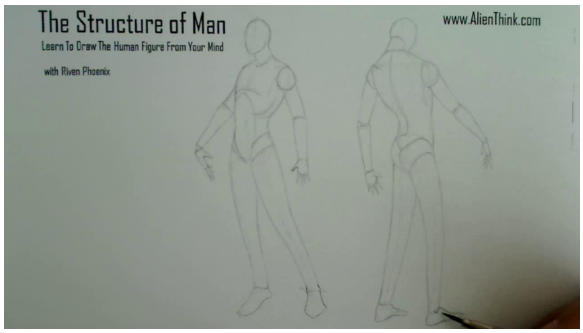
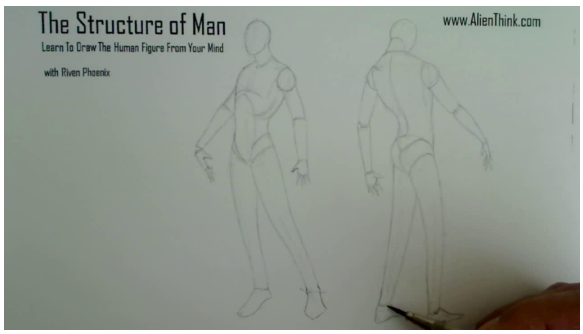
141		are going to get this over here right so keep an eye out for that right so over here right the
142		outer one is going to be my my tibia over here and the other one it's going to be the
143		sorry the fibula is going to be here and the tibia is going to be there and then over here
144		it's going to be the same thing my tibi as going to be here and the fibula is going to be on the

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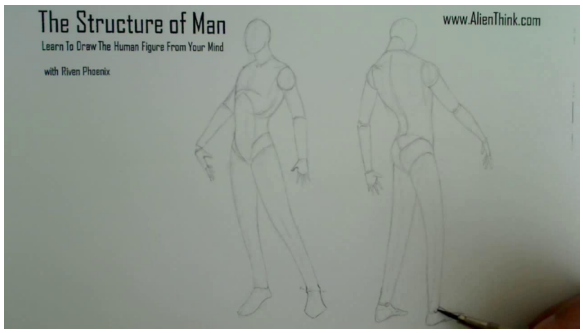
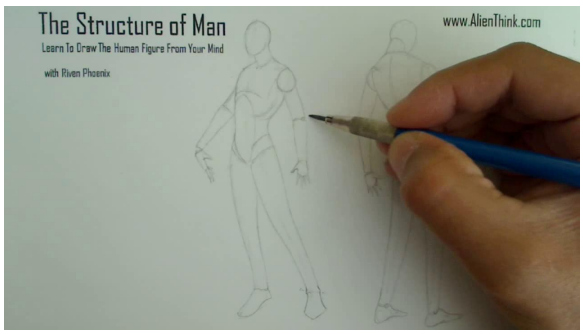
145		right this is an important concept here right and we understood this right so
146		here you should now take the time to understand okay well what do I want to do
147		here okay the radius I'm going to say it's connected on this end over here
148		right this is your radius right and this is where the thumb is going and this is

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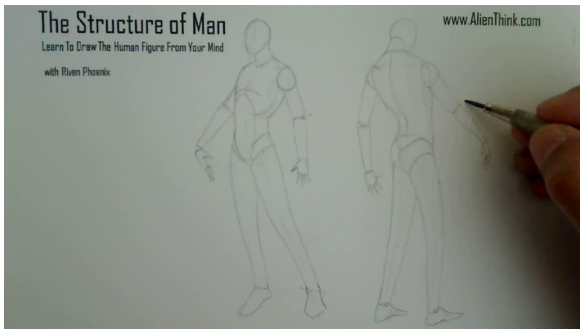
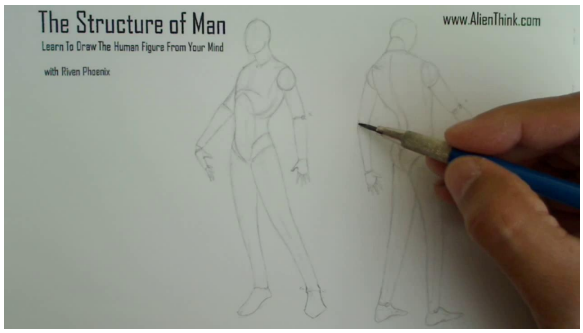
149		where it's going to be over here the the radius over here okay and then from
150		here you know that okay well I've got my on this side and that then that means
151		the radius is really on the other side right over here the radius is right
152		here right and that little piece of bone is going to be here right that that

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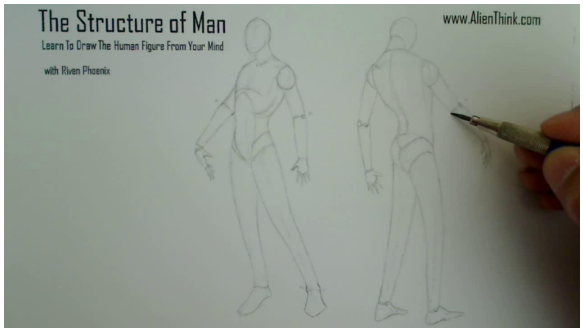
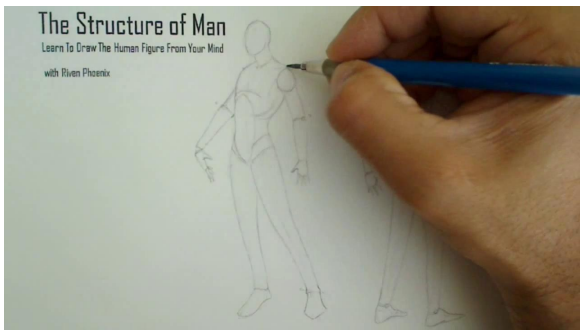
153		piece of bone that sticks out from the the the humor is going to be here right
154		it'll probably stick out a little bit over here right so these are some of
155		the the the things that will happen in surface anatomy right and we also know
156		about these nudges here right these nudges this is where it connects to right

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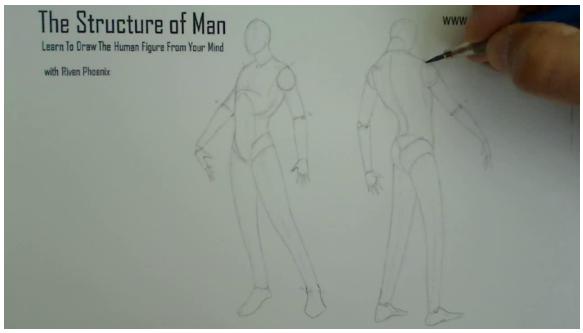
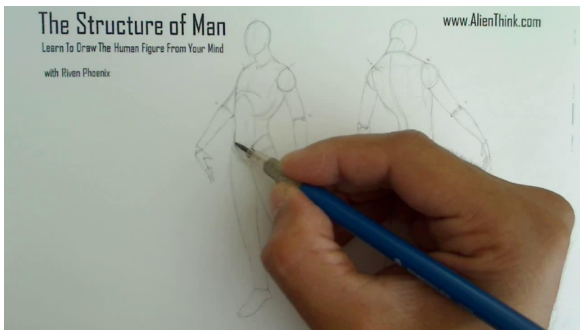
157		and over here that's where the nudge is going to be again right and then over
158		here you're going to get that X over here right we're going to put an X mean
159		that look this is where we're going to keep an eye we have to think about this
160		in 3D that this is where the love handles are going to be right so basically

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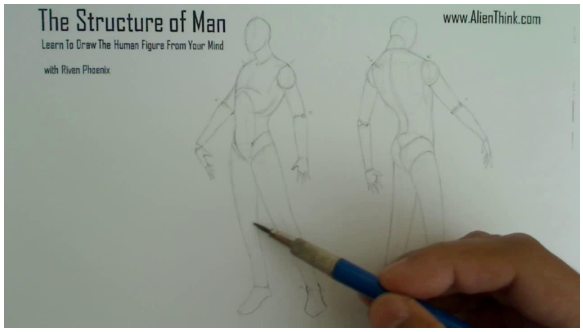
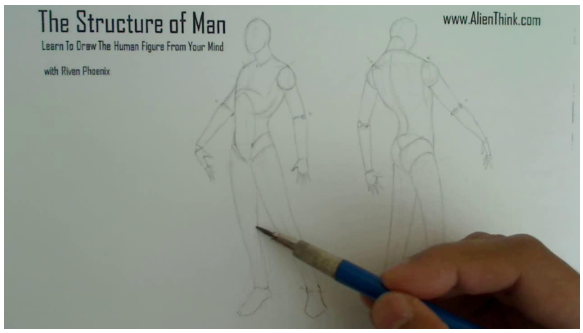
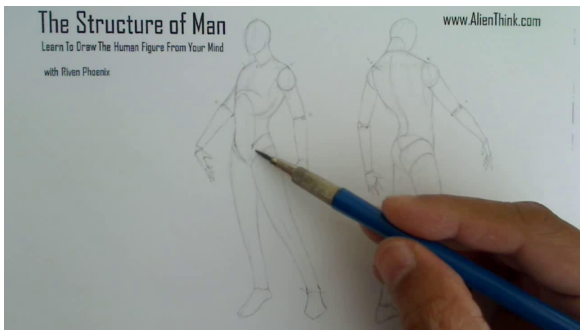
161		all we have to do now is just look at this and say that okay well let me
162		decide this is really the the the center from here right so where are going to
163		be the lines for the knee well this is where you just have to look at okay
164		well this is the crotch in over here and this is going to be roughly where the

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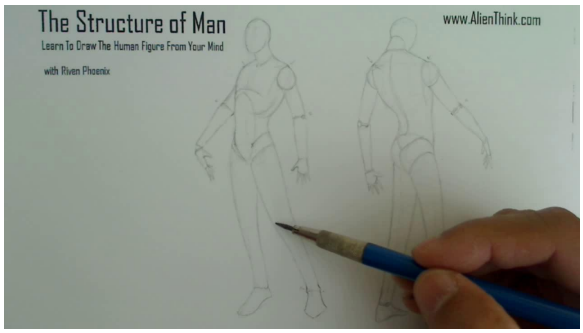
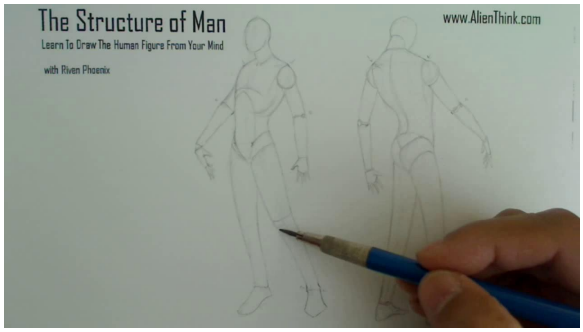
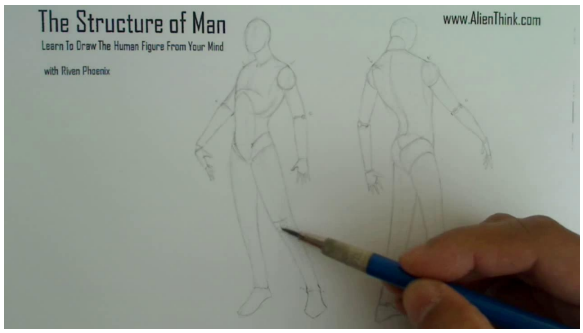
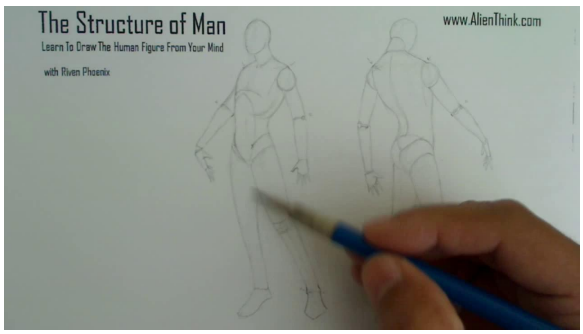
165		line is so I'm going to do my my knees approximately like this over here right
166		this is here we're going to stretch it out a little bit but this tells you
167		okay this is how my knee is going to be right from here just measure it out
168		right you just have to look at this in and kind of like think of this stuff a

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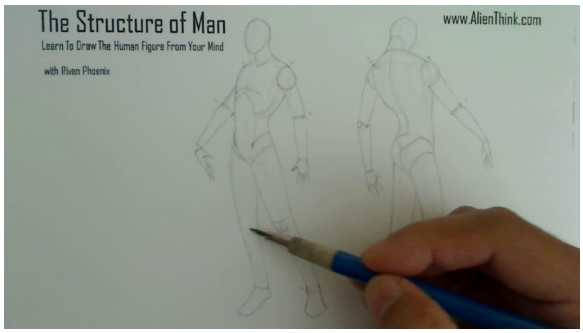
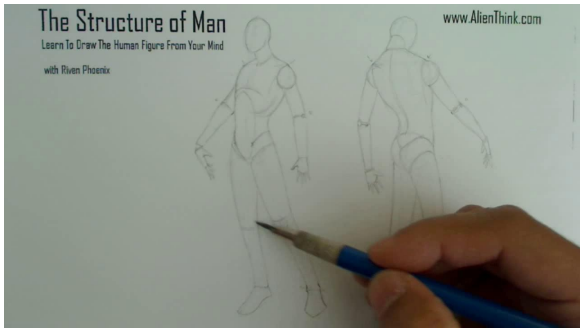
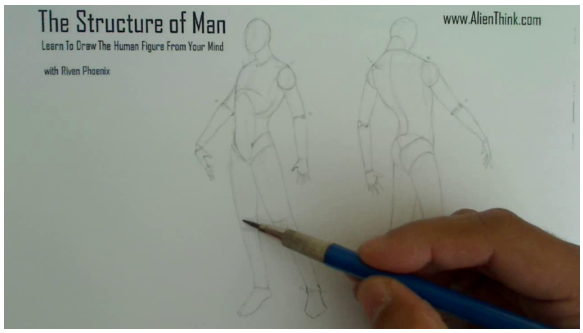
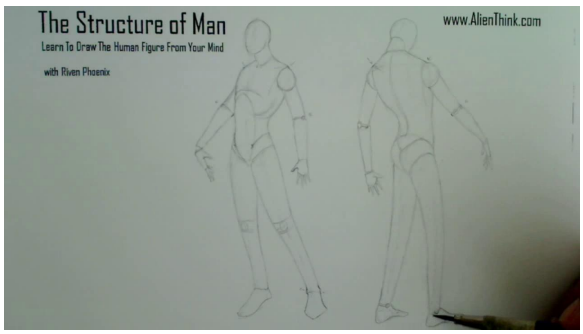
169		little bit in perspective and say that okay well my knee for this is roughly
170		going to be around here right because now you get into perspective right so you
171		got to know where the placement of the knee is right over here so this end
172		over here it's the same thing just think about where is this going to be is

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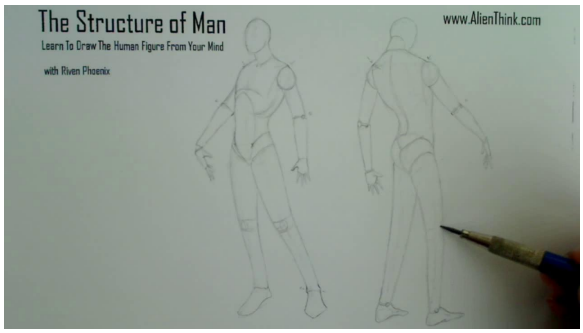
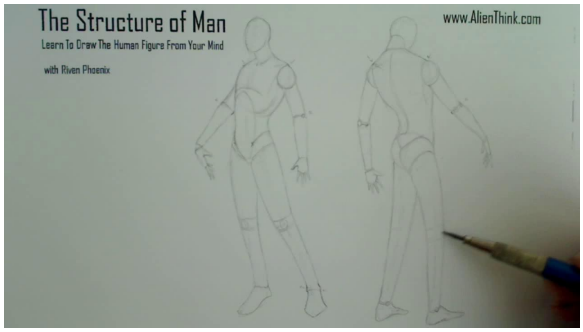
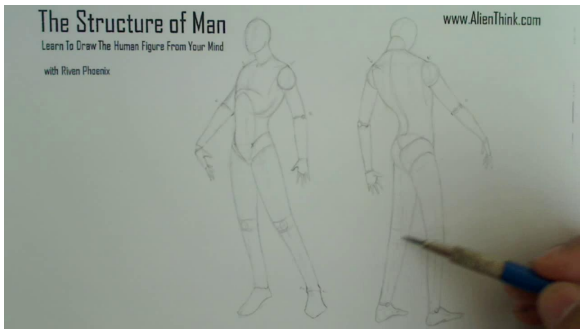
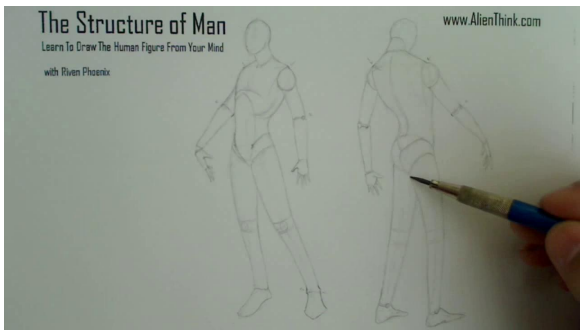
173		just going to be about here right just put in mark and you can always change
174		this if you're not happy with it right but again we the proportions that we're
175		talking about are so approximate that we know we're going to get a right right
176		it's not going to matter if you're off by a little bit over here but you're going

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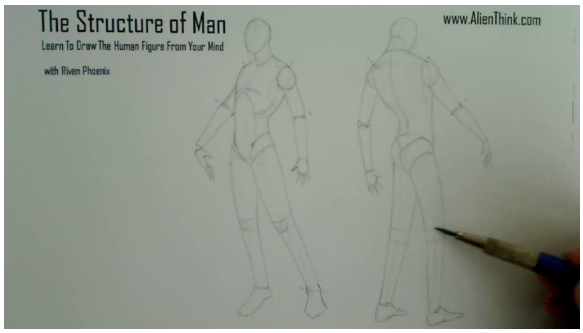
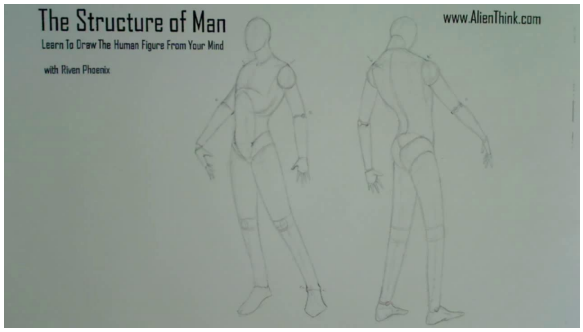
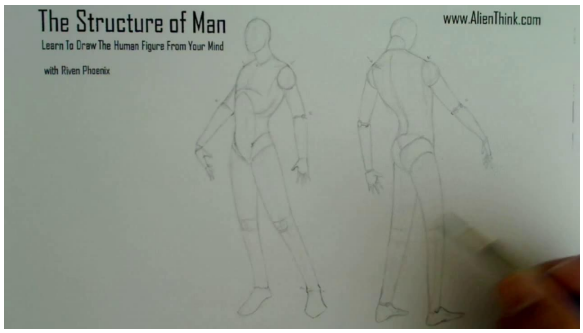
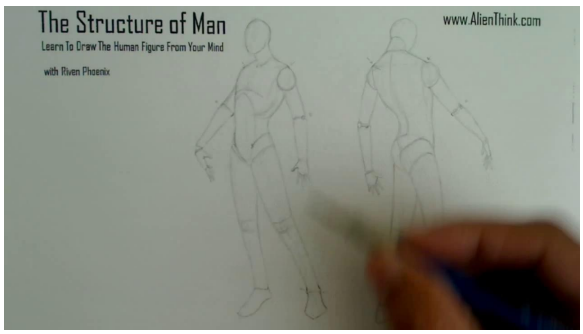
177		to be very close to it right and this is something that you have to keep an eye
178		out in in dynamic for your drawing right so we know some of the key marks will
179		be here now right we know the under we know how to understand where the knees
180		are going to be we have to always understand this the nudge we know need to know

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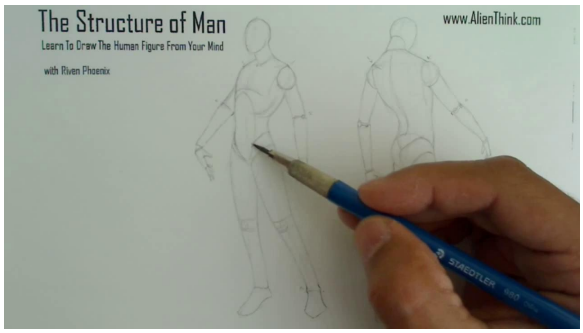
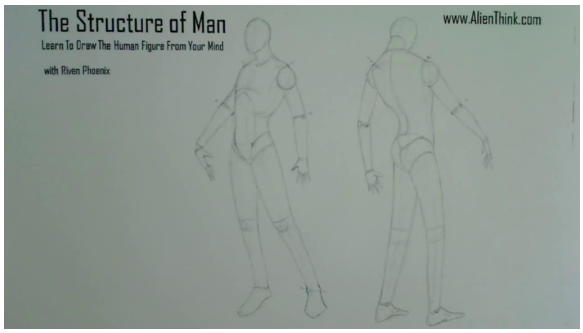
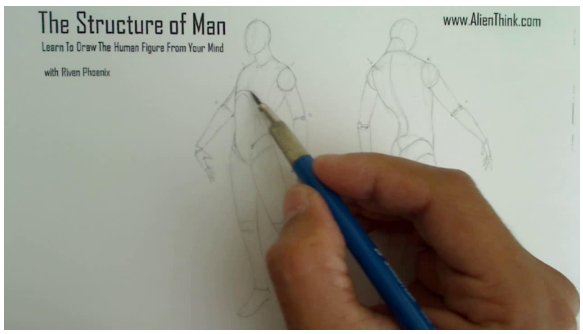
181		about this area over here okay so now take a look at this right so now we can
182		already start to begin to understand comprehend some of these ideas in our
183		understanding of the muscles all the the torso so here we did the line right
184		this is where we did the line over here for the the pack muscles so we know that

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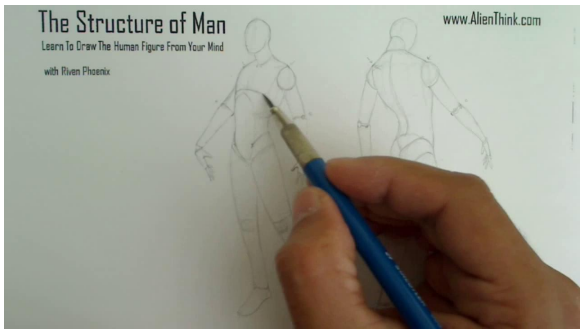
185		right this is going to be the really the fifth so here I'm going to get about
186		here I'm going to get my six seven eight nine ten right and then you get eleven
187		twelve the cool thing about this is that you'll never get this area of the
188		muscles wrong now right because you always know the rule what what you have to

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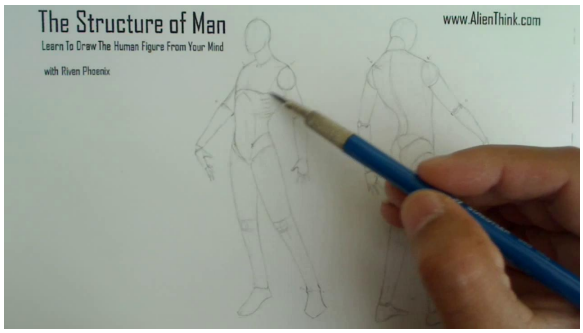
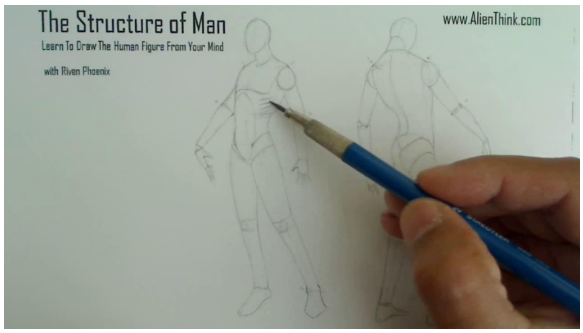
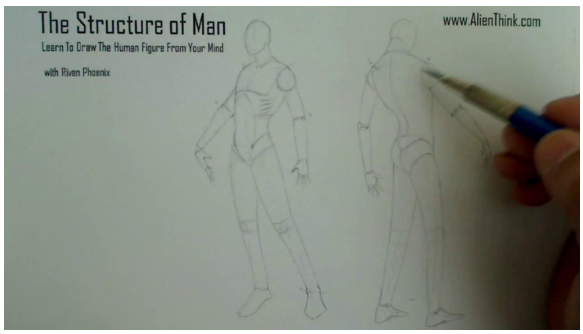
189		watch out for right so these are just going to be going over here on the chest
190		cavity right so here I'm just going to put the mark these lines here like this
191		on on the mannequin just to understand that that's what's going to happen right
192		and we also understand right now I can just think about the the line for the

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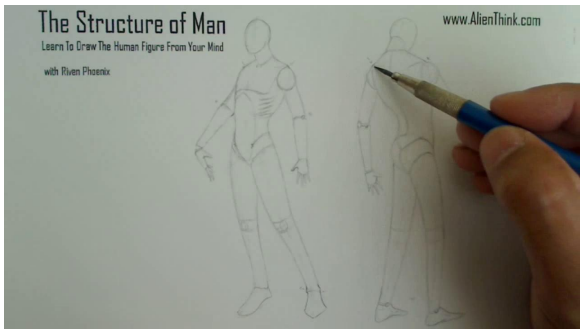
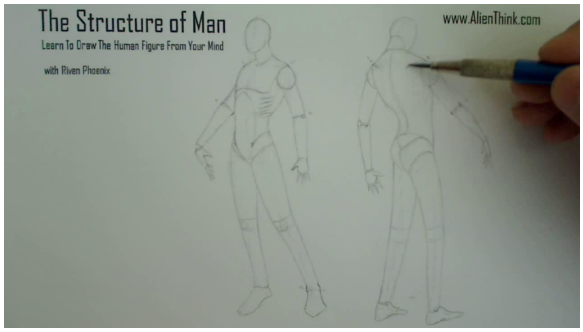
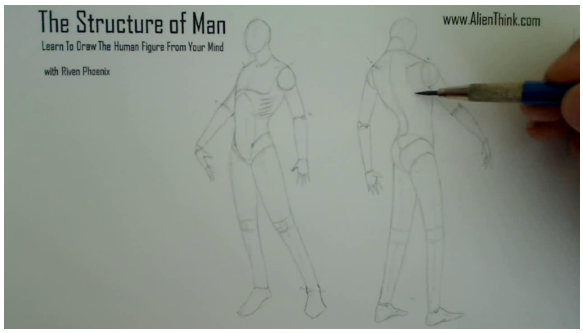
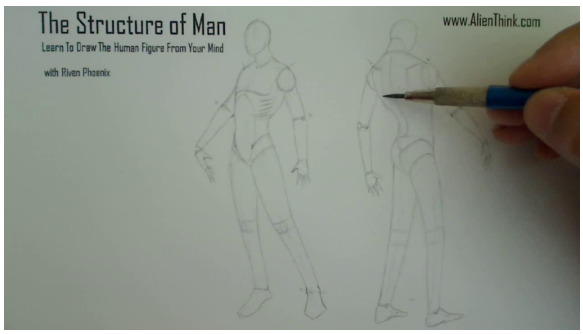
193		scapula correctly right just think about okay right we had decided that's
194		going to be here that we put this mark here like this and we know where the
195		chest cavity is just going to go down right so here you're going to think of
196		this in a little bit of perspective right important this mannequin is going to

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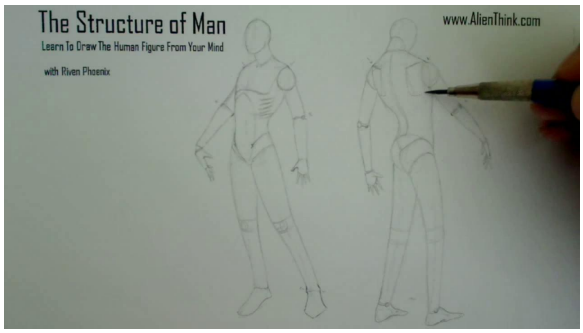
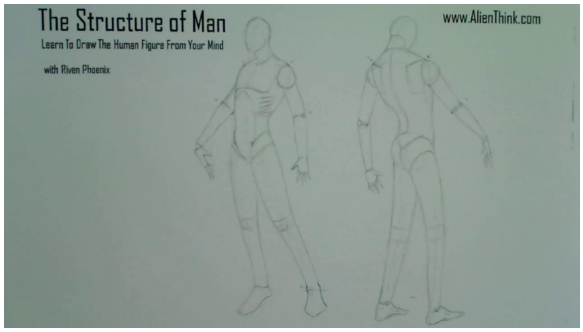
197		solve a lot of problems for us okay so now I'll see you in the next lesson
198		thanks

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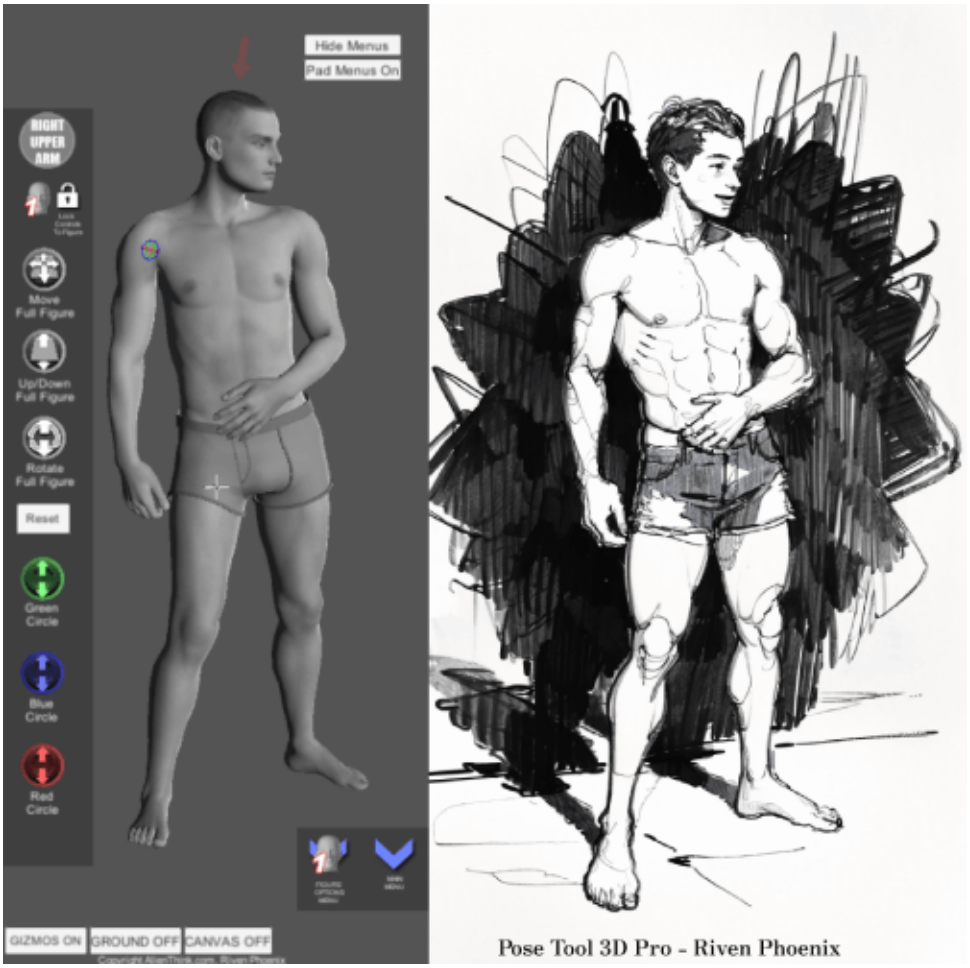

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